

# Fall Schedule

# Murray Park Center Aquatics

# Monday

Time	Leisure Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time							
5:00 AM	Adult Only Time Water Walking/Jog 5-9 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	5:00 AM							
5:30 AM		5-6 (7) AM	5-6 (7) AM	5-6 (7) AM	5-6 (7) AM	5-6 (7) AM	5-6 (7) AM	5-6 (7) AM	5-6 (7) AM	5:30 AM							
6:00 AM		Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	Murray High 7-8:30 (A-Day) 6-7:45 (B-Day)	6:00 AM							
6:30 AM										6:30 AM							
7:00 AM										7:00 AM							
7:30 AM										7:30 AM							
8:00 AM		Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim 8:30 AM-3 PM (A-Days)	Lap Swim	Lap Swim	Lap Swim	8:00 AM							
8:30 AM							Aquafit-Deep 8:45-9:45 AM	Aquafit-Deep 8:45-9:45 AM	Aquafit-Deep 8:45-9:45 AM	8:30 AM							
9:00 AM	Easy Does It-Shallow 9-10 AM						Lap Swim 9:45 AM-3 PM	Lap Swim 9:45 AM-3 PM	Lap Swim 9:45 AM-3 PM	Lap Swim 9:45 AM-3 PM	Lap Swim 9:45 AM-3 PM	Lap Swim 9:45 AM-3 PM	9:00 AM				
9:30 AM													9:30 AM				
10:00 AM	Adult Only Time 10-11 AM	7:45 AM-3 PM (B-Days)	7:45 AM-3 PM (B-Days)	7:45 AM-3 PM (B-Days)	7:45 AM-3 PM (B-Days)	7:45 AM-3 PM (B-Days)	9:45 AM-3 PM	9:45 AM-3 PM	9:45 AM-3 PM	10:00 AM							
10:30 AM										10:30 AM							
11:00 AM	Open Plunge 11 AM-5:50 PM									11:00 AM							
11:30 AM											11:30 AM						
12:00 PM												12:00 PM					
12:30 PM													12:30 PM				
1:00 PM														1:00 PM			
1:30 PM															1:30 PM		
2:00 PM																2:00 PM	
2:30 PM																	2:30 PM
3:00 PM		Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	Murray High 3-4 PM	3:00 PM								
3:30 PM									3:30 PM								
4:00 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	MAC Swim 4-5:30 PM	4:00 PM								
4:30 PM									4:30 PM								
5:00 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Pre-Comp Swim 5:30-6:30 PM	Lap Swim 5:30-9:45 PM	Lap Swim 5:30-9:45 PM	5:00 PM								
5:30 PM									5:30 PM								
6:00 PM	Aquafit-Shallow 6-7 PM	Lap Swim 6:30-9:45 PM	Masters 6:30-7:30 PM	Masters 6:30-7:30 PM	Masters 6:30-7:30 PM	Masters 6:30-7:30 PM			Lap Swim 6:30-9:45 PM	Lap Swim 6:30-9:45 PM	6:00 PM						
6:30 PM											6:30 PM						
7:00 PM	Open Plunge 7-9:45 PM		Lap Swim 7:30-9:45 PM	Lap Swim 7:30-9:45 PM	Lap Swim 7:30-9:45 PM	Lap Swim 7:30-9:45 PM			Lap Swim 7:30-9:45 PM	Lap Swim 7:30-9:45 PM	Lap Swim 7:30-9:45 PM	7:00 PM					
7:30 PM												7:30 PM					
8:00 PM			8:00 PM														
8:30 PM			8:30 PM														
9:00 PM			9:00 PM														
9:30 PM			9:30 PM														
10:00 PM			10:00 PM														

Murray Park Center reserves the right to change the schedule at any time to better serve the needs of our community.

Lap Swimming at other than scheduled times is on a space available basis

Effective Date:

2/8/2010